



Following Your Passion

by Jan Toomer

Reaching the "full mark", some people are suddenly quitting their unfulfilling jobs – many not even giving two weeks notice.

- Drudgery
- Abuse
- Inconsistencies in management/ rules
- Micro-management
- Mis-management
- Questionable ethics in the work place
- Etc.

These are no longer becoming acceptable – people are getting fed up; no longer willing to be paid to be miserable, unhappy, stressed out, etc. – people are walking away.

It's time to start finding, and following, your passion; there's more to life than drudgery.

Some already know what their passion is...some are still looking.

Some have fulltime jobs they like and do their passion after hours and/or on the weekends.

How Do You Know Your Passion?

Some indicators may be:

1. What makes your heart or soul sing
2. What absorbs you so much that you lose track of time (outside of video games)
3. It feels like a treat each time you do it
4. Allows creativity to flow
5. Nothing else exists while you are doing it
6. You want to do it again

When I was trying to find my passion, I kept coming back to teaching others about the metaphysical.

I honestly thought that it *couldn't* be

my "calling" (passion) because I liked it so much – kind of like it was too easy to actually be my passion.

Yeah, I was over-thinking things; trying to make it more difficult that it really was.

If you don't yet know your passion, begin exploring.

- What do you *want* to do?
- What do you *like* doing?
- What have you always dreamed of doing one day?
- What do you want to get up every morning and look forward to doing?

What is your passion? It's time to find out...it's time for following your passion.

(Follow your passion responsibly please.)

Same Message – Different Methods

by Jan Toomer

I know many carry the same message but deliver it from each individual's perception and delivery method; this really had come to light for me recently.

A friend jokingly announced that they listen to a current, and somewhat controversial, pop-rock singer whom I had heard the name, but wasn't sure of the songs...so I turned on the TV, went to a music video channel and voile! The very same star was being featured with interviews and music videos.

The interviews showed a very intelligent, rights-promoting and spiritual person...who created edgy and somewhat disturbing (to me) videos.

The videos were definitely creative; stepping outside of the box and pushing the viewer to see the beautiful and ugly in a grotesque manner – but what really disturbed me was that these videos were a mirror showing us a portion of a reflection of our society and what has become acceptable.

I am not judging the singer and their delivery method – it just wasn't comfortable for me (which I am sure was the point of these videos!).

Why are there so many different methods of getting the same message out? Because we are not cookie-cutter in our likes and dislikes...one size does not fit all.

The variety exists because we are each unique and need a delivery system that will touch us, or reach into us.

You can hear a message from a homeless person on a street corner, but it may not touch you – yet you may hear the same message in a song or on a video and it can move your soul. Another person may be touched by an article or book they read; receive the message through viewing a painting; or the same message may touch someone in a church sermon.

The interviews with this singer produced the same messages I, and countless others, have been putting out about spiritual growth and taking responsibility for ourselves (from personal level, to governmental level, to global level)....

Same message – different methods.

The 5 Stages of Life Transformation

by Michelle L. Casto, M.Ed.

September 11, 2001 was the world's wake up call. After the chaos and confusion, we awoke to the realization that life is a precious gift and that it is our responsibility as a citizen and human being to lead and live our best life.

For most of us, that meant looking at our current state of affairs and recognizing all the changes we needed to make. We often know it is important to change our lives, but do not know where to begin. Change can be easy, really--by changing your thoughts, you change your feelings, and thus change your actions.

In the 21st century, we have better skills to deal with the darkness, and we are more enlightened and aware than ever before in history. Even still, it often has to get darker before it becomes lighter and brighter. But, in the modern world, we do not need to wait until something happens to cause us to change. In fact, you can choose to live a change-oriented, rich, and fulfilling life right now. To transform your life, you need to raise your awareness, practice pro-activity, and live by your vision, purpose, and values.

The good news is that millions of people are consciously working on themselves, actively seeking healing on physical, emotional, mental and spiritual levels. Since we are all one, when we heal our self, we heal others, and ultimately heal our planet. Now is the perfect opportunity for you to step up to the plate and make a major contribution to the world. To begin the process, learn about the five steps to life

transformation.

The 5 Stages of Transformation

Someone once said, "There is nothing about a caterpillar that tells you it's going to be a butterfly." This quote illustrates the change process perfectly. The butterfly represents a thing of great beauty. A butterfly completely transforms itself from a comfortable cocoon into a radiant entity with wings. You are like a beautiful butterfly waiting to be re-born and transformed.

Stage 1: Cocoon Stage

This stage is characterized by feelings of comfort, as you are beginning to awaken to the need to change.

You begin to realize you could be so much more and recognize an error in judgment or dysfunctional pattern (s).

Stage 2: Growth Stage

This stage is characterized by feelings of discomfort, as you are beginning to stretch yourself, your abilities, your environment.

You experience new ways of being and thinking and have the desire to transform yourself.

Stage 3: Change Stage

This stage is characterized by feelings of panic and fear, as you are beginning to look, feel, and act differently.

You have a gut instinct that this change will be good for you, and request that Spirit assist you & provide with you with guidance.

Stage 4: Flight Stage

This stage is characterized by feelings of confidence and courage, as you spread your wings to leave your old home to find a new home.

You now recognize yourself as a beautiful creature, have excitement about future possibilities and you just do it.

Stage 5: Conscious Stage

This stage is characterized by feelings of inner peace and joy, as you remember and realize who you really are.

You now understand that you are a co-creator and possess the power to become whatever you want to be and do whatever you want to do.

***This article was adapted from *Life Transformation 101 Workbook: How to Make Life Changes and Let Your Soul Be Your Guide*

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ABOUT THE AUTHOR

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Solar Flares Do Affect Us

I received word from quite a few people yesterday that they experienced going from feeling fine or wonderful to being slammed – drained of energy, body reacting with soreness or aching, foggy mind, sluggishness or inability to concentrate.

Some experienced this with feeling great Monday, and awaking Tuesday feeling blah (or worse); some woke up in the middle of the night; and some started Tuesday morning off okay, then it went wonky by mid-afternoon.

Solar Flare

<http://www.space.com/11893-huge-sun-eruption-spectacular-solar-flare.html>

There were solar flares on June 7th; these solar flares do affect us - not just visually or with our electronics. Those who are energy workers usually feel the effects first - our being/energy feels it before the rest of the physical world actually experiences the effects.

Please remember to [shield](#) (podcast refresher if needed: <http://www.metaphysical-studies.com/blog/category/podcasts/shielding/>) - and begin to bump up the frequency of the Source energy you pull down to shield with; maintain balance and patience.

If you try to fight the energy waves, it will make it even more uncomfortable; please shield, keep your frequency/vibration up, deep breaths and ride it out. Our bodies adjust faster if we don't work to fight against it.

■ The articles posted here and on the blog reflect the thoughts, opinions and experiences of the individual authors. The reader accepts full responsibility to explore what they feel is appropriate for them and at their own risk - and no one else's.

Book Review: The Light Shall Set You Free by Dr. N. Milanovich and Dr. S. McCune

The Light Shall Set You Free by Dr. N. Milanovich and Dr. S. McCune. © 1996. Athena Publishing. ISBN 0-9627417-7-9.

Most of the information in this book, as per the authors, is channeled from the Ascended Masters:

- El Moya
- Kuthumi
- Pallas Athena
- Sananda
- St. Germain
- Hilarion
- Mother Mary
- Quan Yin
- Melchizedek

- Arch Angel Michael
- Walt Disney

So much information is in this book! It begins with a "Credo for the Light Workers of the World" and a greeting from Kuthumi.

In Part One, the basics are provided on who and what are ascended masters; souls and Earth; the roles of reincarnation and karma and more.

Part Two goes into the Universal Laws: the name of each Law; an in-depth description, and channeled messages from the Ascended Masters on, each Law.

The final part, Part Three, addresses the Fifth Dimension (which is where we are working to get). A wonderful chart on the universal sub-laws and suggestions on how to align one's self with the sub-laws; and more information on things we can work on to progress.

This book is like a guide book to help bring us to the Fifth Dimension.

I really enjoyed this book, and it brought a lot of information for me to digest and mull over as well as putting into print some that I already knew/learned/ experienced. I highly recommend it to anyone on the Light path.

Indecision

by Jan Toomer

I have been hearing from some people that they are stuck, not sure which way to turn; not sure which is the right decision to make.

So what happens is that when a half-hearted or hesitant decision is made - *nothing* goes forward - or - everything goes wonky.

Then frustration builds, especially if the person now believes that they made the

wrong decision since things aren't going well.

The Real Problem

The real problem is the indecision.

Because we are beginning to be responsible for our actions and thoughts, and actively creating our reality almost instantly, we cannot move forward smoothly until we each make a firm decision and live with it (not harming yourself or others).

This is a learning opportunity in the realm of creating - we are learning to:

1. quit sitting on the fence
2. make a decision / make a stand
3. accepting responsibility for our decision(s)
4. accepting the consequences of our decisions/actions (and that is not always a bad thing!)

Then the energy moves forward.

Happy Decision-Making!



Each of us has deep within the knowledge of all things, and when we are ready to remember, the knowledge is there to be known.

The Essene Book of Days

Writers are wanted for volunteer metaphysical and/or spiritual articles. Share your experience - write of your musings/thoughts, messages received or epiphany. Send your article (and website info) to me at email: Jan@reality-undefined.com

Message from Karen Bishop - June 30, 2011

June 30, 2011

Greetings everyone!

The energies have really kicked in of late and are creating massive amounts of movement within. Symptoms? You may feel like crying for no apparent reason, have a racing heart, shortness of breath, difficulty sleeping, and feel short-tempered. You may feel like you are losing it, feel acutely overwhelmed, or even as though no one is remotely making any sense.

Hectic, hectic, hectic, and busy, busy, busy are results of this fast moving energy which pushes most of everything in its path along at a very steady and rapid pace. We absolutely cannot keep up with the rapid creations now, and hence, may continually feel overloaded. Add to this the pushing of the energies themselves, and head pressure, neck stiffness, and overall PRESSURE all around are common results.

People we encounter may cut us off abruptly with a need to move away (not a very high level response with connection and unity the desired reality! --- creating even more confusion and sad hearts!), or continue to ramble on about their personal situations with a near hysteria at the core, if even so subtly (can't blame them... this energy is intense!)

In weeks past, we were busy, busy, busy as we were preparing our new spaces...

making our new beds to lie in for times to come. With a seeming endless supply of energy at our disposal, that old exhaustion suddenly went dormant. We had a lot to do! As soon as enough of us get settled in (or really, so many things now are working in tandem with no real linear timeline), then the intense pushing energy will begin to push out even more of the old. This latest round of pushing energy has now arrived, but expect these waves to come and go for quite some time. What is now left is so very minute, that pushing and cleansing are the foremost methods now of preparing for the arrival of the new energy.

In this way, personal cleansings are also hitting hard, along with earth cleansings as the process continues. And lets not forget that old familiar heat and burning we may at times feel within, as the old literally burns itself out of our systems. Sore feel and painful lower extremities can also flare up from time to time, as we continue to ground into a new earth that is forming before our eyes. Phew! We may never get a break! And we may still feel strangely uncomfortable and misplaced, like there is absolutely nowhere left to go that feels remotely right and fitting. "I just want to feel normal!" we may declare to the universe, but a new norm is beginning its entrance, and things will never again be the same (because..... ahem.....they will be better!)

Because these pushing energies are doing their job of moving out the old, we may

also feel just plain awful for no apparent reason. Like we are turning inside out, we may emotionally (and physically) feel.... UGH! And just ICKY...and not know why. We may not be able to get comfortable anywhere as well, as none of our old tried and true remedies seem to do the trick like they used to. Sigh....what a long journey it has been! But we have been waiting for this upheaval for a very long time, and things are finally moving in divine and perfect ways.

When the pushing waves cease, then our new spaces become the predominant energies, and these new experiences and spaces can feel pretty darn good now. The hearts are finally connecting and the heart energy is most assuredly moving its way in.

My website is basically complete now...we are just waiting for the first book shipment to arrive at the fulfillment warehouse. Book should be ready to order immediately following the 4th of July holiday here in the US. Thank you for your interest and patience.

Have a wonderful week-end!

Much love to you all,

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Be faithful in small things because it is in them that your strength lies.

Mother Teresa

Volunteer articles are welcome! I will provide your web (and/or contact) info with your article. We are looking for spiritual/metaphysical, real life, uplifting, guidance, etc. type articles. Can be in the natural health fields, mental health fields, personal experiences, etc. Send article to Jan Toomer at: Jan@reality-undefined.com